

EXHIBIT R

ALLERGIC DISEASES

Diagnosis and Management

Third Edition

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The authors and publisher have exerted every effort to
 ensure that drug selection and dosage set forth in this text
 are in accord with current recommendations and practice
 at the time of publication. However, in view of ongoing
 research, changes in government regulations and the con-
 stant flow of information relating to drug therapy and drug
 reactions, the reader is urged to check the package insert
 for each drug for any change in indications and dosage
 and for added warnings and precautions. This is particu-
 larly important when the recommended agent is a new
 or infrequently employed drug.

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ALLERGIC RHINITIS

Anthony J. Ricketti

The term rhinitis is used to describe diseases that involve inflammation of the nasal membrane and are characterized by periods of nasal discharge, sneezing, and congestion that persist for a period of at least one-half hour to one hour per day. It is also considered pathologic when a subject occasionally has symptoms of such intensity to require therapy or when an individual's nasal reaction to certain stimuli differs fundamentally from that of other persons. Rhinitis may be classified into two types: infectious and noninfectious (Table 8-1). Infectious rhinitis is characterized by predominantly cloudy (white, yellow, or green) nasal secretions, with many neutrophils and less commonly bacteria.¹¹ Noninfectious rhinitis is characterized by clear (watery or mucoid) discharge that often contains eosinophils. The noninfectious group can be subdivided into seasonal allergic rhinitis, perennial allergic rhinitis, and perennial nonallergic rhinitis. There is some evidence that perennial allergic rhinitis is a heterogeneous disorder consisting of at least two subgroups.¹² One subgroup is characterized by nasal eosinophilia, frequent occurrence of polyps, abnormal sinus radiographs, concurrent asthma, and good responses to therapy, whereas these characteristics usually are lacking in the other subgroup. This subdivision of patients with nonallergic rhinitis may not always be possible in a particular case, and therefore may not be an entirely suitable system for clinical routine.

SEASONAL ALLERGIC RHINITIS

DEFINITION

Seasonal allergic rhinitis is a specific allergic reaction of the nasal mucosa to allergens, and is characterized mainly by watery rhinorrhea, nasal congestion, sneezing, and pruritus of the eyes, nose, ears, and throat. These symptoms are periodic in nature and occur during the pollinating season of the plants to which the patient is sensitive.

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